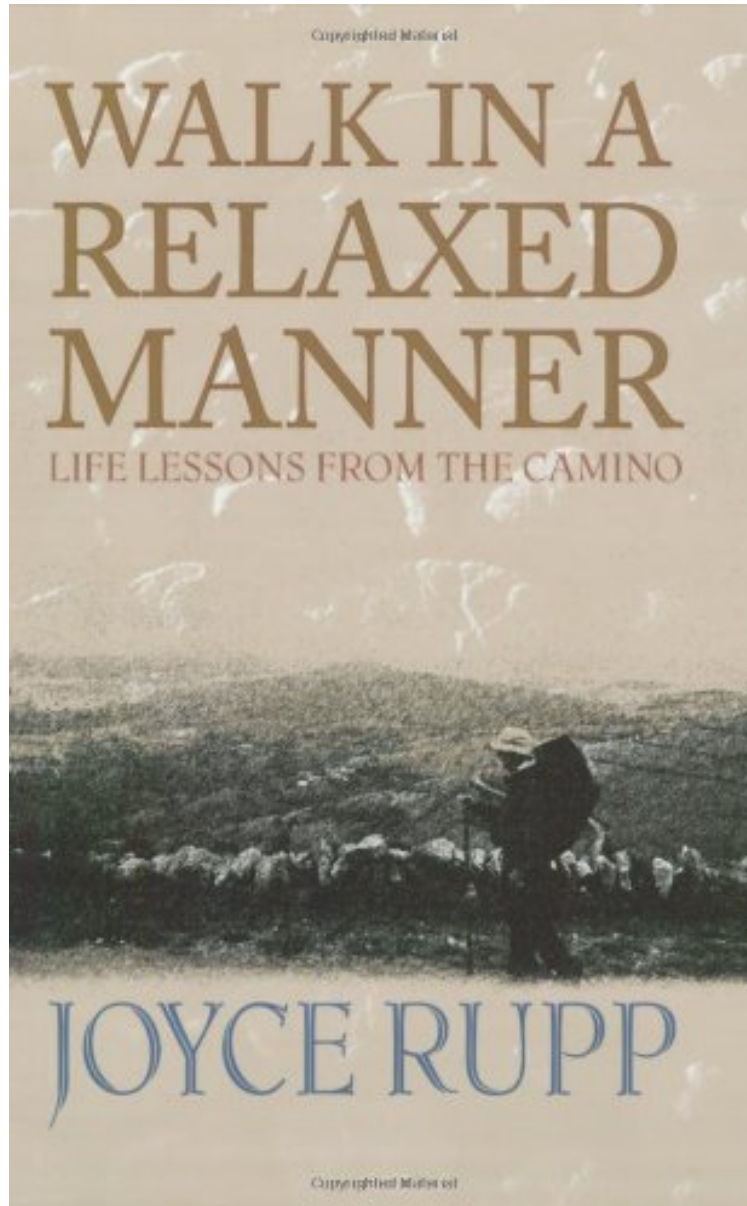


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## Walk in a Relaxed Manner: Life Lessons from the Camino

*Joyce Rupp*

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**Joyce Rupp : Walk in a Relaxed Manner: Life Lessons from the Camino** before purchasing it in order to gage whether or not it would be worth my time, and all praised Walk in a Relaxed Manner: Life Lessons from the Camino:

2 of 2 people found the following review helpful. Been on the Camino and love this book By E. Lingle I am a Joyce Rupp fan. I'd always dreamt of doing the Camino some day, and when I saw that Joyce had done it, and written a book

about it, I quickly bought it and read it. Her book gave me the courage to buy a plane ticket and go. I'm a hiker and camper. I could tell from reading her book that some of the facets of the hike-- some of the albergues, some of the pilgrims, some of the food-- etc etc-- were perhaps harder for her to accept than they would be for me. I thought she gave a really honest appraisal of how things were for her, and was touched by how she eventually resolved some of those contretemps. I recently was looking at reviews of the book and was surprised to see some of the negative reviews. What I got from reading Joyce's book was an honest look at the Camino from the eyes of a middle-aged woman used to her own personal space, solitude, food, level of cleanliness, etc. One does not necessarily give a lot of that up when on the Camino, if you stay in the albergues! They are fabulous places for meeting people from all over the world- but they can make you cringe if you are not used to hearing snoring at night. What I love about this book is the life lessons, her thoughts on what she found there, and what she got out of it in spite of -- and maybe even because of her discomfort. I recommend this book for mature people thinking of hiking the Camino. In 2011 I accompanied a women's group from my church from Samos to Santiago, and I asked them all to read the book-- they liked it, too. 0 of 0 people found the following review helpful. Excellent!! Good advice for every day. By Space Grace Our book discussion group chose this book and we all agreed that "Walk in a Relaxed Manner: Life Lessons from the Camino" is one of the best books we have read. During the discussion, one of our members brought a guest that had also walked The Camino. We had many questions for her and made our discussion of the book more enlightening. I am glad that Joyce Rupp decided to share her thoughts while on her pilgrimage of The Camino. Even though most of us will never set foot on that pilgrim path, the experiences she shares can most definitely be applied to our everyday lives. It is well written and thought provoking. I highly recommend it. 1 of 1 people found the following review helpful. My favorite read so far. By Cynthia Niedbala This is a most balanced view of an individual's pilgrimage to Santiago. The author presents a realistic experience with all the ups and downs, inclusive of solutions to any dilemmas. A concrete, yet spiritual rendition of the walk to Santiago. My favorite read so far. A definite recommendation to friends planning to walk The Way.

At age 60 Joyce Rupp didn't know what she was getting into when she began a 47-day pilgrimage along the Camino de Santiago in Spain. Joined by a friend, Joyce learned lessons that can help all of us travel on life's up-and-down journey with more grace and lightness. She shares them in this enjoyable recounting of her journey across mountains and valleys, cities and farms.

About the Author Joyce Rupp is well known for her work as a writer, spiritual midwife, international retreat leader, and conference speaker. She is the author of numerous bestselling books, including *Open the Door* and *Fragments of Your Ancient Name*. Rupp is a member of the Servite (Servants of Mary) community and the codirector of the Institute of Compassionate Presence. She resides in Des Moines, Iowa.